

CENTER OPERATIONS

FITNESS CENTER HOURS

Mon/Wed/Friday 10:30AM - 2:00PM
Tues/Thurs 8:00AM - 12:30PM
Evening and Saturday Hours
Mon - Thurs 5:00PM - 7:00PM
Sat 8:30AM - 11:00AM

NORMAN PARK STAFF

| | |
|------------------|---------------------|
| Sandy Chavez | Ysabel Jaimes |
| Stephanie Campos | Adolfo Herrera |
| Caitlin Weston | Dayanira Heredia |
| Carol Verdugo | Julian Castruita |
| Heder Dominguez | Kassandra Hernandez |
| Vivianne Atkins | Maricela Vega |
| Bianca Mitchell | |



CENTER HOURS OF OPERATION

Mon - Thurs, 8:00AM - 7:00PM
Fri - 8:00AM - 5:00PM
Norman Park Center will be closed:
Independence Day: July 4
Scheduled Maintenance: August 24 & 25
Labor Day: September 5



RECREATION DEPARTMENT
The Heart of the Neighborhood
www.chulavistaca.gov/rec
270 F Street • (619) 409-1930



Norman Park Senior Center

July, August, September 2016

Fashion Show: Wednesday, July 13th @ 12PM 9600.371

Back by popular demand, NPSC is hosting its annual Fashion Show & Luncheon, now open to women and men. Register early as space is limited. We need models for the fashion show! If you are interested in being a model, leave your name and phone number at the front desk when buying your ticket. Finger foods will be provided. Models are free, but still need to register.

Fee: \$5 Resident/ \$6 Non-Resident

Ice Cream Social and Trivia Games: Wednesday, July 27th @ 1PM 9600.372

I scream, you scream, we all scream for ice cream! Here's the scoop: we're serving ice cream with yummy toppings while you visit with friends. Stick around for some fun trivia games that will be sure to get your brain warmed up again after that cold treat.

*The cost is free but pre-registration is still required.

Luau: Wednesday, August 17 @ 12PM 9600.373

The torches are lit, the theme is set! We're having a luau you'll never forget. Wear a bright shirt, grass skirt, or lei. We're going to celebrate the Hawaiian way. Join us for games, refreshments, and prizes. Please stop by the main office to register.

Fee: \$5 Resident/ \$6 Non-Resident

Hispanic Heritage Day: Wednesday, September 14 @ 12PM 9600.374

Seniors and Senioritas! Come join us for Hispanic Heritage Day! You'll need a siesta after our sizzling hot fiesta for Hispanic Heritage Day. There will be Mexican cuisine and entertainment. Please stop by the main office to register.

Fee: \$5 Resident/ \$6 Non-Resident

Singing Seniors Concert: Wednesday, September 21 @ 1:30PM

The NPSC Singing Seniors present a matinee concert titled, "County and Western Roundup." Come enjoy the sounds of the Grand Ole Opry performed by the Singing Seniors. The Singing Seniors invite you to stay for light refreshments afterwards. This event is free and no registration is required.

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Norman Park Senior Center will be CLOSED:

Independence Day: July 4, 2016

Maintenance: August 24-25, 2016

Labor Day: September 5, 2016

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at www.chulavistaca.gov/rec or can be sent electronically via email. Please stop by the front desk to add your email to our list.

Calling all Volunteers!

We are looking for front desk & event committee volunteers. If you are interested please come to the main office or call (619) 409-1930. Volunteers must apply online at <https://www.volgistics.com/ex/portal.dll/ap?AP=1699159671>

Commission on Aging

Meets the 2nd Wednesday of every-other-month (July 13 and September 14) from 2:45-4:00 PM in the Conference Room. For more information contact: 619-409-5979.

CPRS Award

The Norman Park Senior Center is proud to announce that we are the recipient of a CPRS award for our Senior Health and Nutrition in the category of Community Health and Wellness. NPSC strives to offer a variety of free and low cost activities and events to seniors that place an emphasis on healthy living. Through the San Diego Foundation's Health and Human Services Grant, NPSC was able to leverage new and existing community partnerships to offer fun and educational classes, presentations, workshops, and events focused on the three core areas of prevention: diet and nutrition, physical activity, and mental health.

We hope to continue to expand our services and our community to be more welcoming to all our residents while creating a healthier, more vibrant and connected community with an overall increase in quality of life. Stop by our main office during the next few weeks to see our award proudly on display.



COOL ZONE

During normal center hours of operation, Norman Park Senior Center will function as a "Cool Zone." Cool Zones are places where senior citizens and people with special needs can comfortably escape mid-day summer heat and reduce their air-conditioning use, which helps save on energy costs.

Cool Zones are established by the County of San Diego Aging and Independence Services (AIS) and this year are open to the public from June 23 - October 31, 2016. There are currently more than 100 Cool Zones that provide service to some of the hottest areas in the San Diego region. They are located in senior centers and other public buildings.



<http://www.sdge.com/cool-zones>

WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| EXERCISE WITH KAY 8:00AM—9:00AM COMPUTER CLUB 8:00AM—12:00PM ART WATERCOLOR 9:00AM—12:00PM SPANISH CONVERSATION 10:00AM—12:00PM WORLD AFFAIR GROUP 10:00AM—12:00PM BRIDGE CHICAGO 12:00PM—4:00PM SCRABBLE 12:30PM—4:00PM MOVIE MONDAY 1:00PM—3:30PM BALLROOM DANCE 1:00PM—2:30PM (Fee Pg.5) DANCE CARDIO PARTY 5:30PM—6:30PM (Fee Pg. 6) | SWC EXERCISE CLASS 8:00AM—9:00AM LONGEVITY STICK 9:00AM—9:45AM PEP4PA w/UCSD 9:30AM—10:30AM SINGING INFORMAL 9:00AM—12:00PM BRIDGE 10:00AM—12:00PM ADV LINE DANCE 10:00AM—11:00AM (Fee Pg.5) BEG LINE DANCE 11:00AM—12:00PM (Fee Pg.5) GUITAR LESSONS 11:00AM—12:00PM (Fee Pg.5) 1ST, 3RD, 4TH TUES CLUB AMISTAD 12:00PM—4:00PM SINGING SENIORS 1:30PM—3:30PM CREATIVE WRITERS 2:00PM—4:00PM | EXERCISE WITH KAY 8:00AM—9:00AM ARTIST SOCIAL GROUP 9:30AM—11:30AM KNITTING & CROCHETING 9:30AM—11:30AM MEXICAN TRAIN 12:00PM—2:00PM BRIDGE DUPLICATE 12:00PM—4:00PM (Canceled on special event days) SCRABBLE 12:30PM—4:00PM CRIBBAGE 1:00PM—3:00PM TECH 1-ON-1 3:00PM—5:00PM (Fee Pg. 6) CHAIR YOGA 4:15PM—5:45PM STRENGTH TRAINING 5:45PM—6:45PM BUNCO GAME NIGHT - CV SENIOR CLUB 5:00PM—7:00PM DANCE CARDIO PARTY 5:30PM—6:30PM (Fee Pg.6) | SWC EXERCISE CLASS 8:00AM—9:00AM LONGEVITY STICK 9:00AM—9:45AM PEP4PA w/UCSD 9:30AM—10:30AM QUILTING 10:00AM—12:00PM 4TH THURS HEALTH TALK 10:00AM—12:00PM BEREAVEMENT 10:30AM—12:00PM 2ND THURS KOREAN CLUB 11:00AM—2:00PM 3RD THURS GARDEN CLUB 11:00AM—300PM 1ST THURS CV SENIOR CLUB DANCE 1:30PM—3:30PM GENTLE YOGA 4:30PM—6:30PM | YOGA WITH KAY 8:00AM—9:30AM TAI CHI 10:00—11:30AM (Fee Pg. 6) BINGO - CV SENIOR CLUB 12:00PM—2:00 PM PINOCHLE 12:00PM—4:00PM SCRABBLE 12:30PM—4:00PM BUNCO - CV SENIOR CLUB 2:30PM—4:00PM BRIDGE 12:00PM—4:00PM |

Don't forget to mark your calendars!

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

July 13—IHOP
1206 Broadway

August 10—Galley at the Marina
550 Marina Parkway

September 14—Panda Imperial
1208 3rd Ave.



Energy Solution Presentation



Learn new ways to reduce your home energy use to be more environmentally friendly and save money on your utility bill. The presentation will be available in both English and Spanish. This event is presented by SDG&E.



| English | | | |
|---------|------|------|------|
| DAY | TIME | ROOM | COST |
| Aug. 3 | 9AM | 10 | FREE |

| Spanish | | | |
|---------|------|------|------|
| DAY | TIME | ROOM | COST |
| Aug. 10 | 9AM | 10 | FREE |

OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

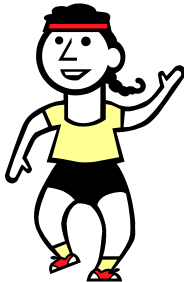
The Recreation department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Loma Verde Recreation Center
1420 Loma Lane
(619) 409-1939
AM Exercise Tuesdays & Thursdays
9-10am, \$3 drop in or a monthly fee which varies month to month

Loma Verde Pool
1420 Loma Lane
619-409-1987
Water Aerobics
M/W/F @ 11am-12pm
\$4/class or 10 classes for \$35



Otay Recreation Center
(619)409-1999
3554 Main Street
Feeling Fit Class for Seniors
Mon & Wed 9-10am
Free



Salt Creek Recreation Center
2710 Otay Lakes Rd
(619) 585-5739
Senior Weight Training (Tues. 8am-8:50am)
\$40 Res/ \$50 Non-Res
10 week session. Taught by Frances Bordenave.
4355.331

Veterans Park Community Center
785 East Palomar
(619) 691-5260
Morning Yoga (Mon & Wed 9-10am)
\$49 Res/\$60 Non-Res
4010.312

Zumba (Tues. 9-9:55am)
\$40 Res/\$49 Non-Res
4222.315

Zumba (Thurs. 9-9:55am)
\$40 Res/\$49 Non-Res
4222.317

Zumba Combo (Tues & Thurs 9-9:55am)
\$70 Res/\$86 Non-Res
4222.318



CHULA VISTA SENIOR CLUB NEWS

Senior Club Membership

Please come to the hostess desk to sign up or renew.

Membership Fees are \$10/yr

Board Secretary Needed

The Senior Club is looking for a Secretary. This is an excellent opportunity to contribute to both the Chula Vista Senior Club as well as Norman Park Senior Center. Join the board to be the voice of change! Call the hostess desk at (619) 409-1935 for more information.

Bingo Every Friday
Time: 12PM—2PM

The Chula Vista Senior Club hosts a potluck during bingo every other Friday. Please bring a food item to share. Bingo cards are \$.50 cents each for club members, \$1 for non-members. Come for fun and the prizes!

Bingo with Potluck
July 8, 22; Aug. 5, 19; Sept. 2, 16, 30

Bunco Every Friday
2:30PM—4PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

Live Band Dances
July 7th
August 4th
September 8th
Time: 1 PM—3 PM

Senior dances hosted by the CV Senior Club.

Live band

Beverages provided. Tickets sold at the door.

\$3/ Per Person
*Bring a snack to share (Optional)

NEW 2016

SENIOR CLUB BOARD MEMBERS

President: Jane Gerber

1st Vice President: Clara Schollian

2nd Vice President: Ray Thompson

Secretary: Vacant

Treasurer: Joan Vannoy



General Meeting

The Senior Club General Meetings are scheduled for the 1st Thursday of each month at 11am. The next meetings are scheduled as follows:

July 7th @ 11AM in Room 6

August 5th @ 11AM in Room 6

September 1st @ 11AM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES & ACTIVITIES

Department of Housing and Urban Development, Community Development Block Grant supported programs and activities.

CREATIVE

ART WATERCOLOR 3001.371

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other artists? Then this is the class for you!

| DAY | TIME | ROOM | COST |
|------|------------------|-------|------|
| Mon. | 9:00 AM—12:00 PM | 7 & 8 | FREE |

ARTIST SOCIAL GROUP 3002.371

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

| DAY | TIME | ROOM | COST |
|------|------------------|------|------|
| Wed. | 9:30 AM—11:30 AM | 6 | FREE |

CREATIVE WRITERS 3013.371

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

| DAY | TIME | ROOM | COST |
|------|-----------------|-----------|------|
| Tue. | 2:00 PM—4:00 PM | CONF. RM. | FREE |

KNITTING & CROCHETING 3022.371

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

| DAY | TIME | ROOM | COST |
|------|------------------|------|------|
| Wed. | 9:30 AM—11:30 AM | 7 | FREE |

EXERCISE & FITNESS

EXERCISE WITH KAY 4018.371

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

| DAY | TIME | ROOM | COST |
|-----------|-----------------|-----------|------|
| Mon./Wed. | 8:00 AM—9:00 AM | FULL HALL | FREE |

STRENGTH TRAINING 4030.371

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

| DAY | TIME | ROOM | COST |
|------|-----------------|---------|------|
| Wed. | 5:45 PM—6:45 PM | 9,10,11 | FREE |

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

| DAY | TIME | ROOM | COST |
|-------------|-----------------|-------|-----------------|
| Mon. & Wed. | 5:30 PM—6:30 PM | 6,7,8 | Drop-in fee \$3 |



\$16/\$20 **July** (4730.371)
\$16/\$20 **August** (4730.372)
\$18/\$23 **September** (4730.373)

EXERCISE LONGEVITY STICK 4017.371

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

| DAY | TIME | ROOM | COST |
|-------------|-----------------|------|------|
| Tue./Thurs. | 9:00 AM—9:45 AM | PARK | FREE |

YOGA 4033.371

Yoga improves cardiovascular health, aids digestion, improves sleep, and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

| DAY | TIME | ROOM | COST |
|------|-----------------|---------|------|
| Fri. | 8:00 AM—9:30 AM | 9,10,11 | FREE |

CHAIR YOGA 4034.372

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

| DAY | TIME | ROOM | COST |
|------|-----------------|---------|------|
| Wed. | 4:15 PM—5:45 PM | 9,10,11 | FREE |

GENTLE YOGA 4035.371

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

| DAY | TIME | ROOM | COST |
|-------|-----------------|---------|------|
| Thur. | 4:30 PM—6:30 PM | 9,10,11 | FREE |



UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit
<http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more.

Call (619) 729-2772 for more information

| DAY | TIME | ROOM |
|----------------|-----------------|-----------------|
| Support Group | | |
| 1st & 3rd Wed. | 4:30 PM-6:30 PM | Upstairs Office |

| | | |
|---------------|-----------------|-----------------|
| “Clase Calma” | | |
| Thursdays | 4:30 PM-6:30 PM | Upstairs Office |

CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Call President, Marcela Meza for more information at (619) 990-2716. Upcoming dates: **July 5, 19, 26; August 2, 16, 23; September 6, 20, 27.**

| DAY | TIME | ROOM |
|---------------------|------------------|-----------|
| 1st, 3rd, 4th Tues. | 12:00 PM—4:00 PM | 9, 10, 11 |

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **July 21, August 18, September 15.** For more information call: President Michael J. Biedenbender (619) 991-0524.

| DAY | TIME | ROOM |
|------------|------------------|-----------|
| 3rd Thurs. | 11:00 AM-3:00 PM | FULL HALL |

KOREAN CLUB

The Korean group meets every 2nd Thursday of the month for a potluck. Upcoming Dates: **July 14, August 11, September 8.** Call Kim at (619) 585-9461 for information.

| DAY | TIME | ROOM |
|------------|------------------|-----------|
| 2nd Thurs. | 11:30 AM-2:30 PM | 9, 10, 11 |



Movie Monday

1:00 PM—3:00 PM

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

If you have a movie request let the front desk staff know and we will search our archives!



PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH AND SAFETY

MEN’S HEALTH DISCUSSION GROUP 3033.371

The men’s health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks and drinks will be provided! *This group will meet on the 2nd Monday of every month. No discussion group the month of July. Group will continue in August.

| DAY | TIME | ROOM | COST |
|------------|-----------------|-------|------|
| 2nd Monday | 12:15 PM—1:15PM | ANNEX | FREE |

AARP SMART DRIVER COURSE (July: 3600.371; Aug.: 3600.372; Sept.: 3600.373)

The AARP Smart Driver™ Course is the nation’s first and largest course for drivers age 50 and older.

| DAY | TIME | ROOM |
|-------------------|------------------|---------|
| July 12 & 13 | 12:00 PM—4:00PM | 9,10,11 |
| August 9 & 10 | 12:00 PM—4:00 PM | 9,10,11 |
| September 13 & 14 | 12:00 PM—4:00 PM | 9,10,11 |

COST : \$15/ARRP-Member \$20/Non-Member. Pay AARP 1st day of class.



BLOOD PRESSURE SCREENING

Blood pressure screening is free to everyone. Services provided by Sharp Chula Vista Medical Center volunteer.

| DAY | TIME | ROOM | COST |
|-----------------|------|-------|------|
| 1st/3rd Fridays | 9AM | LOBBY | FREE |

SCRIPPS HEALTH TALKS

These talks are presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Topic: Improving Balance

| DAY | TIME | ROOM | COST |
|---------|-------------------|-----------|------|
| July 11 | 10:00 AM-11:00 AM | CONF. RM. | FREE |

More than one third of adults 65 and older fall each year in the United States. Older adults can take several steps to increase their balance, protect their independence and reduce their risk of falling. Join us and learn effective ways to reduce falls, exercises that increase balance and the benefits of having a physical activity routine.

Topic: TBA

| DAY | TIME | ROOM | COST |
|----------|-------------------|-----------|------|
| Sept. 12 | 10:00 AM-11:00 AM | CONF. RM. | FREE |

HEALTH PRESENTATIONS

SHARP HOSPICE CARE
Quality of Life Conversations

Advance care planning (ACP) is designed to assess your personal beliefs, values, and health care goals. Learn about the ACP process and the basic tools to help define your own health care choices. We will also discuss communication tips you can use to help start the conversation with your loved ones.

| DAY | TIME | ROOM |
|-----------|--|------|
| July 28th | 10:00 AM (Spanish, by Monica Esquer) | 10 |
| July 28th | 11:00AM (English, by Colleen Linnertz) | 10 |

LA MAESTRA HEALTH CLINIC
Eating Healthy and Flavorful Foods

Eating healthy doesn't have to be boring! Learn what to eat, and what to avoid, to build a strong immune system and obtain optimal health and wellness. Learn how to make simple yet flavorful foods!

| DAY | TIME | ROOM |
|------------|----------|------|
| Sept. 22nd | 10:00 AM | 10 |

PLEASE NOTE: All classes with fees require pre-registration at the NPC front desk. Payments to instructors are no longer allowed. If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

Department of Housing and Urban Development, Community Development Block Grant supported programs and activities.

BEREAVEMENT SUPPORT GROUP 3003.371

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

| DAY | TIME | ROOM | COST |
|--------|-------------------|-----------|------|
| Thurs. | 10:30 AM—12:00 PM | CONF. RM. | FREE |

PINOCHLE 3026.371

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don’t be bored at home, make friends and keep your mind active.

| DAY | TIME | ROOM | COST |
|------|------------------|-------|------|
| Fri. | 12:00 PM—4:00 PM | LOBBY | FREE |

SPANISH CONVERSATION 3333.371

Brush up on your Spanish speaking skills in our Spanish Conversation group where you’ll meet a bunch of friendly people who are learning Spanish and can practice with you.

| DAY | TIME | ROOM | COST |
|------|-------------------|------------|------|
| Mon. | 10:00 AM—12:00 PM | Conf. Room | FREE |

NEW CRIBBAGE 3028.371

Love playing cribbage? Never played but always wanted to learn how? Stop by the lobby to play with NPSC’s cribbage group. Beginners welcome. For more information, contact John Field at (619)271-5053.

| DAY | TIME | ROOM | COST |
|------|-----------------|-------|------|
| Wed. | 1:00 PM—3:00 PM | LOBBY | FREE |

MEXICAN TRAIN & OTHER GAMES 3024.371

Join a group of fun loving seniors to play Mexican Train along with other games. Don’t be bored at home, make friends and keep your mind active.

| DAY | TIME | ROOM | COST |
|------|------------------|-------|------|
| Wed. | 12:00 PM—2:00 PM | LOBBY | FREE |

SCRABBLE 3789.371

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

| DAY | TIME | ROOM | COST |
|-------------|------------------|-------|------|
| Mon/Wed/Fri | 12:30 PM—4:00 PM | LOBBY | FREE |



PLEASE NOTE: All classes with fees require pre-registration at the NPC front desk. Payments to instructors are no longer allowed. If not enough students register in advance, classes may be canceled.

BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

| DAY | TIME | ROOM | COST |
|-----------------|------------------|------|------|
| Mon. (3007.371) | 12:00 PM—4:00 PM | 6 | FREE |

(Bridge Chicago)

| | | | |
|------------------|------------------|---|------|
| Tues. (3011.371) | 10:00AM—12:00 PM | 6 | FREE |
|------------------|------------------|---|------|

(CLASS)

| | | | |
|-----------------|------------------|---|------|
| Wed. (3006.371) | 12:00 PM—4:00 PM | 7 | FREE |
|-----------------|------------------|---|------|

| | | | |
|-----------------|------------------|---|------|
| Fri. (3008.371) | 12:00 PM—4:00 PM | 6 | FREE |
|-----------------|------------------|---|------|

WORLD AFFAIRS GROUP DISCUSSION 3032.371

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

| DAY | TIME | ROOM | COST |
|------|-------------------|-------|------|
| Mon. | 10:00 AM—12:00 PM | 10,11 | FREE |

BILLIARDS ROOM TOURNAMENT 3005.371

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

| DAY | TIME | ROOM | COST |
|------------|------------------|-------|------|
| 4th Thurs. | 12:00 PM—4:00 PM | ANNEX | FREE |

SHUFFLEBOARD 3029.371

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

| DAY | TIME | ROOM | COST |
|------------|------------------|-------|------|
| Tues/Thurs | 11:30 AM—5:00 PM | ANNEX | FREE |

SAN DIEGO FOOD BANK

This course will be in line with the San Diego Food Bank’s preventative health initiative designed to decrease nutritional disease, obesity, and malnutrition affecting thousands of low-income seniors. Participants will receive nutrition education handouts, recipes that they can utilize at home and a FREE bag of fresh produce at 3 of the 6 classes.

***Session Dates: TBA**

CLASSES & ACTIVITIES

INSTRUCTED

BALLROOM DANCE

July (3014.371); Aug. (3014.372); Sept. (3014.373)

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Cha and Tango. You don't need a partner. Just come and enjoy!

This class is taught by: Galina Galchenko

| DAY | TIME | ROOM |
|------|-----------------|-------|
| Mon. | 1:00 PM—2:30 PM | 7 & 8 |

COST: Month: \$10/Res & \$13/Non-Res
Drop-in: \$3.00/Day



GUITAR LESSONS

July (3019.371); Aug. (3019.372); Sept. (3019.373)

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by: Scott Humphries

| DAY | TIME | ROOM |
|-------|-------------------|------|
| Tues. | 11:00 AM—12:00 PM | 11 |

COST
Month: \$21/Res & \$26/Non-Res



LINE DANCE (Advanced/Beginner)

Adv.: July (3015.371); Aug. (3015.372); Sept. (3015.373)

Beg.: July (3016.371); Aug. (3016.372); Sept. (3016.373)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels! This class is taught by: Shirley Wilson

| DAY | TIME | ROOM |
|----------------|------------------|------|
| Advance Tues. | 10:00 AM—10:50AM | 7, 8 |
| Beginner Tues. | 11:00 AM—11:50AM | 7, 8 |

COST
Month: \$20/Res & \$25/Non-Res
Drop-in: \$6.00/Day



ENRICHMENT

SINGING INFORMAL

3041.371

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

| DAY | TIME | ROOM | COST |
|-------|------------------|-------|------|
| Tues. | 9:00 AM—12:00 PM | ANNEX | FREE |

SINGING SENIORS

3042.371

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

| DAY | TIME | ROOM | COST |
|-------|-----------------|-------|------|
| Tues. | 1:30 PM—3:30 PM | ANNEX | FREE |

BINGO - CV SENIOR CLUB

3004.371

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

| DAY | TIME | ROOM | COST |
|------|------------------|-----------|------|
| Fri. | 12:00 PM—2:00 PM | 9, 10, 11 | FREE |

BUNCO - CV SENIOR CLUB

3009.371

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

| DAY | TIME | ROOM | COST |
|------|-----------------|---------|------|
| Fri. | 2:30 PM—4:00 PM | 9,10,11 | FREE |

BUNCO GAME NIGHT - CV SENIOR CLUB

3010.371

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

| DAY | TIME | ROOM | COST |
|------|-----------------|-------|------|
| Wed. | 5:00 PM—7:00 PM | LOBBY | FREE |

SENIOR TECH

TECH ONE-ON-ONE

3200.371

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of class.

WEDNESDAYS

TIME : 3:00PM—5:00PM

COST : \$10 per 30 minute session (\$13 Non-Residents)



CLASSES & ACTIVITIES

NEW TAI CHI

4231.371

Learn beautiful, flowing movements that will reduce your stress and improve your strength and flexibility.

| DAY | TIME | ROOM | COST |
|-----|-----------------|-----------|-----------|
| Fri | 10:00AM-11:30AM | 9, 10, 11 | \$20/\$25 |

Session: **July 8—August 5**

SOUTHWESTERN COLLEGE SENIOR EXERCISE

4040.371

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College.

No classes in July.

| DAY | TIME | ROOM | COST |
|-----------|-----------------|-----------|------|
| Tue/Thurs | 8:00 AM—9:00 AM | FULL HALL | FREE |

PEP4PA WITH UCSD (Walking for fitness)

4615.370

| DAY | TIME | ROOM | COST |
|--------------|---------|--------|------|
| Tues & Thurs | 9:30 AM | 9 & 10 | FREE |



The City of Chula Vista has partnered with the National Institutes of Health and the UCSD Health and Family Medicine Department by launching a Walking For Fitness (WFF) program in the effort to improve the quality of life for adults, ages 50+. We currently have thirty-eight participants plus four Peer Health Coaches.

WFF believes in purposeful walking. We do this by supporting Circulate San Diego's new "Walk to School Program." With the beginning of next school year, many of our participants will be walking the neighborhoods near Kellogg and Cook Elementary school in the morning. We are hoping to make the community a safer and more enjoyable place to walk and bike to school.

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30am. After a short sharing of ideas or health tips, it's out walking we go. If this sounds like something you would like to participate in, please contact Khalisa Bolling at (858) 534-5726. The WFF information line is (858)245-6097.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

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